

# 30 Ways to Prevent Child Abuse



## **Wear Blue on April 3**

Put on a blue shirt and post a photo of yourself with #ChildAbusePreventionMonth to help raise awareness. Make sure to tag CAC!



## **Teach proper names for body parts**

Knowing the correct terminology for genitals decreases a child's risk for sexual abuse. It's easier for children to disclose abuse when they know the proper terminology.



## **Teach appropriate touching**

No one has the right to touch them or their private parts if they feel uncomfortable. It's also important for children to learn respect for others' boundaries as well.



## **Join CAC's Emerging Leaders**

The CAC Emerging Leader's mission is to drive additional community outreach, including raising awareness and generating additional sources of funding for CAC.



## **Ensure daycare has an "open door" policy**

Enroll your child in daycare and other programs that have a parent "open door" policy. Monitor and participate in activities whenever possible.



## **Create safe environment for teenagers to talk**

Create an environment at home where sexual topics can be discussed openly. Discuss current events and publicized reports of sexual abuse to start discussions of safety.



## **Talk to your Pediatrician**

If you believe your child has been abused your Pediatrician can discuss your concerns, examine your child, and make necessary referrals and reports.



## **Take a time-out**

Stop if you begin to act out frustration physically. Find someone to talk with or watch your children while you take a walk.



## **Teach secrets vs surprises**

Children should never keep a secret from their parents. Surprises (things that someone is going to find out soon, such as a birthday party) are okay.



## **Get to know your child's friends**

Friendships play an important role in a child's development. Get to know their friends and be sure to talk about peer pressure.

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## **Listen to your child and believe them**

If your child discloses any history of sexual abuse, listen carefully, and take the disclosure seriously. Often, children are not believed or supported after a disclosure.



## **Know the signs of child sexual abuse**

Sexual abuse includes activities involving genital contact as well as non-contact events, such as showing pornographic images, taking pornographic photographs of a child, etc.



## **Be alert for premature sexual understanding**

If your child talks about or shows knowledge of age-inappropriate sexual topics, this is a red flag that they have been exposed in some way.



## **Pay attention to special interest in your child**

Predators will entice children with special gifts or toys or may ask to take your child on a “special outing” or to special events – this is referred to as “grooming”.



## **Teach your child what to do if you and your child become separated while away from home**

This gives them a sense of control and safety if something should separate you.



## **Set technological guidelines and stick to them**

Stay attuned to your children’s use of technology. Try to keep the interactions visible and public. Kids, and even adults, can easily stumble into inappropriate situations.



## **Create a family safety plan**

List who to talk with when you see something you are unsure about, and who to call if you believe there is a need to report sexual abuse.



## **Model how to say, “no”**

Teach your children that their “no” will be respected, whether it’s in playing or tickling or hugging and kissing.



## **Practice discussing difficult topics**

Practice saying the names of body parts out loud, asking questions and confronting behaviors with a co-parent, friend, or any trusted third-party



## **Attend CAC’s Champions for Children 5K**

Register for CAC’s Champions for Children 5K taking place on June 20, 2020 at our Hoffman Estates location. All proceeds directly benefit the agency and our clients.

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## Set and respect boundaries

All family members have rights to privacy during personal activities. If anyone does not respect these rights, an adult should clearly tell them the family rules.



## Make a list of “helpers”

Make a list of people and organizations you can call for advice, information, and help. Have the list easily available for your child, and ensure they know who to call for help.



## Set realistic developmental expectations

Learn how kids behave and what they can do at different ages. Be reasonable and compassionate if your child is not reaching milestones as quickly as you'd like.



## Keep your children healthy

Your children should have regular pediatric appointments, consistent meals and get the recommended amount of sleep. Denying any of these is considered child neglect.



## Check your child's school's release policy

Make certain your child's school or day care center will release him/her only to you or someone you officially designate.



## Get help with alcohol or drugs

Children who grow up with a parent or parents who abuse drugs and alcohol are more likely to be abused as children and use drugs and alcohol as adults.



## Watch your words

Never speak to your child using harsh or belittling words. Negative words leave lasting impacts.



## Make home a violence-free zone

Turn off violent TV shows and don't let kids stay under the same roof with an abusive adult.



## Take breaks from your children

It is important that parents still pursue hobbies and activities that bring them joy outside of their families. This helps relieve stress.



## Share CAC's prevention tips

Raise awareness by sharing our tips on your social media accounts or download our “30 Ways to Prevent Child Abuse” flyer to give to friends and family.